

**National Collegiate Taekwondo Association**



**2026 NCTA Championships**

49<sup>th</sup> National Collegiate Taekwondo Championships  
13th National High School Championships  
2nd NCTA Cup

**April 24-26, 2026**

Woollen Gymnasium  
University of North Carolina at Chapel Hill  
300 South Rd, Chapel Hill, NC 27599

Information Packet

**12.0 USATKD Ranking Event  
(for NCTA Collegiate Championships Divisions Only)**

**PLEASE READ THIS DOCUMENT CAREFULLY. REGISTRATION PROCESSES AND COMPETITION PROCEDURES HAVE CHANGED**

**INTRODUCTION**

The National Collegiate Taekwondo Association (NCTA) is pleased to announce that the 2026 National Collegiate, High School Taekwondo Championships and NCTA Cup will be held on Friday, April 24 through Sunday, April 26 at The University of North Carolina at Chapel Hill at Woollen Gymnasium, hosted by the Carolina Taekwondo Club. This event is planned to be a 12.0 USATKD sanctioned event for the collegiate championship divisions, with those collegiate championship divisions also serving as a qualifier for the USATKD National Championships analogous to the USATKD State Championships. The High School and NCTA Cup events will not receive USATKD ranking points.

The tournament will begin with all collegiate and high school poomsae, breaking and demo team competition on Friday, all collegiate and high school championship individual sparring on Saturday, and the 3 v. 3 format NCTA Cup event on Sunday. As in past years, collegiate taekwondo clubs will vie for the chance to become national champions in the Overall (Brown & UT Austin defending champions), Black Belt (MIT & UC Davis defending champions) and Color belt (UT Austin defending champions) divisions. Those participating on Sunday will be competing to win the newly minted traveling NCTA Cup (Northeastern University defending champions).

As announced earlier, the 2026 NCTA Team Trials for the FISU America Games will be a separate event held on April 3 in conjunction with the CUTA California State Championships, and should not be confused with the 2026 National Collegiate and High School Championships.

For general questions and concerns, please email: [ncta.contact@gmail.com](mailto:ncta.contact@gmail.com). For questions or concerns regarding eligibility, please email: [NCTAeligibility@gmail.com](mailto:NCTAeligibility@gmail.com).

**SPONSORED BY**

National Collegiate Taekwondo Association  
(<http://ncta-usa.com/>)



Dan Chuang, *NCTA President*  
Tara Sarathi, *Tournament Committee Chair*  
Jaime Schulte, *Referee Chair*  
Heidi Hatfield, *Eligibility Chair*

**VENUE**

Woollen Gymnasium



University of North Carolina at Chapel Hill  
300 South Rd, Chapel Hill, NC 27599  
Carolina Taekwondo Club, *Tournament Host*

**SANCTIONED BY**



USA Taekwondo (<https://www.teamusa.org/USA-Taekwondo>)  
**USATKD Ranking Event (level 10.0)**

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# SUMMARY OF EVENTS

## NCTA Championships Explainer Chart



	NCTA TEAM TRIALS	NCTA COLLEGIATE CHAMPIONSHIPS	NCTA HIGH SCHOOL CHAMPIONSHIPS	NCTA CUP
EVENT TYPES	Sparring, Recognized and Freestyle Poomsae	Poomsae, Sparring, Demo, Breaking	Poomsae, Sparring	3v3 Poomsae, 3v3 Sparring
DATES	April 3	April 24, 25	April 24, 25	April 26
REGISTER THROUGH	usataekwondo.sport80.com	usataekwondo.sport80.com	usataekwondo.sport80.com	Email ncta.contact@gmail.com for registration form
FORMAT	Team Trials format ages 18-25 (see selection procedures on site)	USATKD Divisions ages 18+	USATKD Divisions but ages 14-17	3v3 Team Format
MEDALISTS QUALIFY FOR USATKD NATIONALS?	No	Yes	No	No
EARN USATKD 10.0 POINTS?	No	Yes	No	No
ELIGIBILITY	Follow collegiate eligibility and FISU guidelines in tournament packet	Follow collegiate eligibility guidelines in tournament packet	Follow high school eligibility guidelines in tournament packet	Compete in a regional 2025-2026 season NCTA collegiate event in any discipline

## SCHEDULE OF EVENTS

Below is a schedule of events for the weekend.

**Times of day and locations for each event can be viewed at the championships page which may be updated as the event draws nearer.**

<https://ncta-usa.com/wordpress/2026-ncta-national-collegiate-and-high-school-championships/>

### **THURSDAY, Apr. 23, 2026**

- Registration/Check-In

### **FRIDAY, Apr. 24, 2026**

- Registration
- High School Poomsae Divisions (Individual, Pair, Team)
- Collegiate Championship Color Belt Poomsae Divisions (Individual only)
- Collegiate Championship Black Belt Poomsae Divisions (Individual, Pair, Team)
- Collegiate Championship Breaking (all)
- Collegiate Championship Demonstration
- Weigh-ins for All Sparring Divisions (all belts)
- NCTA General Assembly

### **SATURDAY, Apr. 25, 2026**

- Registration
- Collegiate Championship Individual Sparring (all belts)
- High School Sparring (black belts only)
- Weigh-ins for Collegiate NCTA Cup 3v3 Sparring Divisions
  - If an athlete weighed in on Friday for a Collegiate Championship event, the athlete may use that weight to qualify for their respective 3v3 sparring weight class

### **SUNDAY, Apr. 26, 2026**

- Collegiate NCTA Cup 3v3 Team Poomsae divisions
- Collegiate NCTA Cup 3v3 Team Sparring divisions

# COMPETITOR ELIGIBILITY

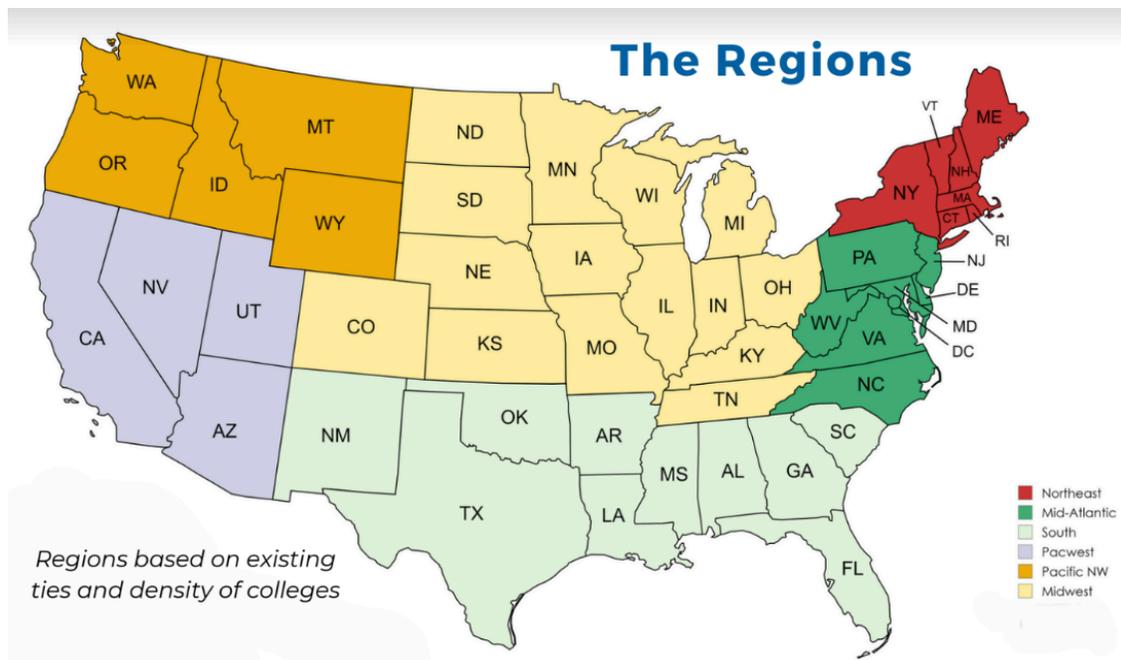
## Collegiate Academic Eligibility

### *Collegiate Championship Division:*

- Competitors in the Collegiate Championship division must be born in 2008 or earlier.
- Athletes (undergraduate or graduate) who graduated from college in either 2025, or 2026, or who are half-time status or more between Jan. 13 and April 26, 2026, will be eligible.
- Athletes do not need to be US Citizens

### *Collegiate NCTA Cup Division:*

- Competitors in the NCTA Cup Division must be born in 2008 or earlier.
- Athletes do not need to be US Citizens
- Athletes in the NCTA Cup Division **MUST have competed in at least one NCTA-recognized regional collegiate event during the 2025-2026 academic year.** These events include tournaments held by the ECTC, ACATA, MCTC, SCTC, NWCTC, and PacWest during the 2025-2026 academic year.
- Athletes must abide by the eligibility requirements of their respective regions in order to compete in the NCTA Cup Division.
- Schools may enter an unlimited number of teams in either the 3v3 Poomsae or Sparring divisions, as long as the athletes in each team meet the eligibility requirements stated above.



**Collegiate Championship and Collegiate Poomsae Team Trials athletes MUST do one of the following to verify collegiate eligibility of half-time status or greater by April 11, 2026:**

- Use parchment.com to send an official transcript and use the address [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) at the bottom of the form on that page, OR
- Check your school website for the option to have them send a transcript or proof of graduation directly to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com), OR
- Email a clear photo or scan of the 2026 NCTA Collegiate [Championships Eligibility Form](#), signed by your college registrar, to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) by April 11, 2026.

**Failure to complete this step will result in an athlete not being allowed to compete. Please email [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) with any problems or concerns.**

## **High School Academic Eligibility**

- High School competitors in the High School Championship division must be born in the years 2007 through 2012 and must be currently enrolled in high school.
- High school athletes must verify High School student status via the [2026 NCTA High School Eligibility Form](#) and email a clear photo or scan of the form to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) by April 11, 2026.

## REGISTRATION AND FEES

### Collegiate Championships and High School Divisions

The Collegiate Championships are sanctioned by USA Taekwondo. All athletes and coaches must be USATKD Members.

All athletes must register for the event through the register online at the [USATKD Sport 80 website](#) by FRIDAY, APRIL 10TH at 23:59 MT

**All competitors and coaches must pay for their registration fees before registration closes at the end of the day on Saturday, April 11th, 2026 at 23:59 MT through both the NCTA Registration Form and Sport80.**

**There will be no at-the-door registration for either athletes or coaches.**

#### Athlete Registration Fees

- Registration fee for 1 event: \$149
- Each additional event: \$35 per event

#### Spectator Fees

- \$20 per spectator per day

#### Weight changes

- On-site weight class changes will be allowed but a fee of \$50 will be assessed. The athlete must declare the weight change before any official weigh-in attempt.

#### Coaches Registration Fees

- \$80

*Note:* Each coach is required to be a member of USATKD, to take and clear the USATKD background check every two years, to view the USOC Safe Sport video, and to have an Associate Coach (AC) certification, at a minimum. Coaches may obtain the AC certification by passing the Associate Coach Quiz within the Sport80 system at least 3 business days prior to the registration deadline. For further information, please visit <https://www.usatkd.org/usatkd-university-coach-courses>

*Note:* Coaches must complete the SafeSport Course and a background check through your Sport80 membership before registering to coach at any USATKD sanctioned event. **Please note that the background check can take up to 2 weeks to process, so please start this process early!**

*Note:* Adult athletes must complete the SafeSport Course as well.

## Collegiate NCTA Cup 3v3 Divisions

To register for the NCTA Cup 3v3 Divisions, **one school club/team representative must fill out the NCTA Cup registration request form before Saturday, April 11th.** The NCTA Cup Registration Request Form can be found here: <https://forms.gle/VeBVfhJEtvueNPTRA>.

Upon filling out the request form, the NCTA Tournament Committee will email the school club/team representative a team registration spreadsheet. **The school club/team representative must completely fill out the received team registration spreadsheet by Friday, April 24th at 11:59 pm ET.**

Please note, **new competitors may not be added to your team registration spreadsheet after Friday, April 24th at 11:59 pm ET.** However, competitors may be removed from your roster until Saturday, April 25th at 11:59 pm ET.

### Athlete Registration Fees

- \$60 per Competitor
- Schools can pay the NCTA Cup tournament fee for all of their athletes online [here](#)

### Weigh-Ins and Weight Changes

- All athletes will need to weigh-in by Saturday for the NCTA Cup 3v3 Sparring event.
  - If an athlete weighed in on Friday for a Collegiate Championship event, the athlete may use that weight to qualify for their respective 3v3 sparring weight class
  - If an athlete intends to compete in a 3v3 sparring weight class that is at odds with their Collegiate Championship sparring weight class, or if the athlete is not going to compete in a Collegiate Championship sparring division, then the athlete will need to weigh in on Saturday.
- On-site weight class changes will be allowed but a fee of \$50 will be assessed. The athlete must declare the weight change before any official weigh-in attempt.

## ATHLETE REGISTRATION CHECKLIST

### Actions to Register for Collegiate Championships and/or High School Championships Divisions

Your registration will not be considered complete until you have done **BOTH** of the following:

- Register and pay for the event on the [USATKD Sport 80 website](#) by **SATURDAY, APRIL 11TH** at 23:59 MDT.
  - [A video guide to registering for an event on Sport80 can be found here.](#)
  - **Please be sure to add your color of belt in your profile** or you will not be able to register for events.
  - **Black Belt Competitors only:** Upload proof of black belt certification to USATKD Sport 80 (if not already done). **Color copies** of the below are acceptable:
    - an unexpired U.S. passport;
    - a birth certificate; or
    - U.S. naturalization papers.
  - **Adult athletes must complete the SafeSport Course** (directions can be found on the Sport80 website).

#### Collegiate Championships Competitors:

- Verify half-time student status or your graduation year by doing **one of the following by April 11th:**
  - Use [parchment.com](#) to send an official transcript and use the address [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) at the bottom of the form on that page, **OR**
  - Check your school website for the option to have them send a transcript or proof of graduation directly to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com), **OR**
  - Send the completed [2026 NCTA Collegiate Championships Trials Eligibility Form](#), signed by your college registrar, and email a clear photo or scan by **April 11, 2026** to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com)

#### High School Competitors

- High school athletes must verify High School student status via the [NCTA High School Eligibility Form](#) and email a clear photo or scan of the form to [nctaeligibility@gmail.com](mailto:nctaeligibility@gmail.com) by **April 11th, 2026**.

**Actions to Register for NCTA Cup 3v3 Divisions**

**Your registration will not be considered complete until you have done the following:**

- **Have a team/club representative request a Team Registration Spreadsheet by Saturday, April 11th.**
- **Have a team/club representative complete the emailed Team Registration Spreadsheet by Friday, April 24th.** Only one team registration spreadsheet needs to be filled out for the entire team.
- Pay the NCTA Cup entry fee online via <https://nctakick.com/nctacup> for all competitors

## COACH REGISTRATION CHECKLIST

- Register and pay for the event on the [USATKD Sport 80 website](#) by **Saturday, April 11TH** at 23:59 MDT
- All Coaches are required to
  - Be a member of USATKD
  - Take and clear the USATKD background check every two years
  - Complete the SafeSport video training every year
  - Have, at minimum, an AC certification

All coaches ARE REQUIRED to hold at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program, be a current member, complete the Center for SafeSport training (every year), and taken and cleared the USATKD background check (every 2 years). **Please note that the background check can take up to 2 weeks to process, so please start this process early!**

Coaches may obtain the AC certification by passing the Associate Coach Quiz. The AC Coach Quiz should be completed at least 5 business days prior to the registration deadline to allow for grading. Coaches will also be required to view the Center for SafeSport Training Video. The SafeSport video, background check and Associate Coach Certification must be completed before a coach can register for an event.

More information can be found at: <https://www.usatkd.org/usatkd-university-coach-courses>

*Note:* Coaches are encouraged to attend the NCTA General Assembly and Technical Meeting on Friday, April 24th.

## COMPETITION RULES ~ POOMSAE

The 2026 National Collegiate Taekwondo Championships will follow the [current USATKD rules](#), with some exceptions. All uniforms and gear must follow standard USATKD rules.

All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

### COMPETITOR REQUIREMENTS

Uniform Requirements.

- A standard white, V-neck taekwondo uniform in good condition is acceptable for all divisions
  - Color belt uniforms (even for red belts) must have a white collar
  - Black belt poomsae competitors may choose between the black V-neck and the WT poomsae (black Y-neck) uniforms
  - Pair and team competitors are recommended to match uniform styles

Taping. All taping for any athlete (poomsae or sparring) must be signed off on the taping itself by medical staff.

### COACH REQUIREMENTS

A dress code for coaches will be in effect. A list of prohibited articles includes, but is not limited to, hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants.

## CHAMPIONSHIP AND HIGH SCHOOL COMPETITION RULES

### COLLEGIATE COLOR BELT POOMSAE

Color belt competitors must choose one approved poomsae to perform a single time. Color belts will perform their poomsae one at a time. There are no weight divisions. The approved poomsae by belt level are:

Belt	Approved Poomsae
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8

### COLLEGIATE BLACK BELT CHAMPIONSHIP POOMSAE

Designated poomsae for black belts in all divisions were drawn randomly from all current WT poomsae from Taegeuk 7 through Jitae per the new FISU and WT rules. The format for the championship division will be cutoff: Any division with 20 or more competitors will begin in the Preliminary Round. Any division with 9-19 competitors will begin in the Semifinal Round. Any division with 8 or fewer competitors will begin in the Final Round. The Final Round will use the cutoff format.

Division	Preliminary Round	Semifinals	Finals
Men's Individual	Taegeuk 8	Keumgang	Jitae and Taegeuk 7
Women's Individual	Taegeuk 8	Jitae	Sipjin and Keumgang
Mixed Pair	Pyongwon	Jitae	Koryo and Taegeuk 7
Men's Team	Taegeuk 8	Keumgang	Jitae and Taegeuk 7
Women's Team	Taegeuk 8	Jitae	Sipjin and Keumgang

Note: For the **Championship Pair** (1 male, 1 female), **Championship Men's Team (3 males)**, and **Championship Women's Team** (3 females) divisions, all competitors competing on a single pair or team **MUST REPRESENT THE SAME COLLEGE**.

## HIGH SCHOOL BLACK BELT POOMSAE

High School Black Belt poomsae will be contested according to the modified WT Junior Division rules, regardless of the age of the competitor. There will be no Freestyle poomsae.

Men's & Women's Individual Categories:

- Preliminary Round: Taegeuk 8
- Semifinal Round: Keumgang
- Final Round: Koryo, Pyongwon

Black Belt Mixed Pair High School Poomsae (1 man, 1 woman) - competitors in the following High School Divisions do not have to represent the same school:

- Preliminary Round: Taebaek
- Semifinal Round: Pyongwon
- Final Round: Keumgang, Koryo

Men's & Women's Team (3 females & 3 males)- competitors in the following High School Divisions do not have to represent the same school:

- Preliminary Round: Taegeuk 8
- Semifinal Round: Keumgang
- Final Round: Koryo, Pyongwon

# CHAMPIONSHIP AND HIGH SCHOOL SPARRING COMPETITION RULES

The 2026 National Collegiate Taekwondo Championships will follow the [current USATKD rules](#), with some exceptions. All uniforms and gear must follow standard USATKD rules.

All rules, divisions, round lengths and requirements are subject to change at the discretion of the supervisory committee.

## COMPETITION FORMAT

### Collegiate Championships Division Black Belt Competitors

- Best of three (3) rounds of 2 minutes, 1 minute rest between rounds
- Single elimination
- Full Contact Rules for all divisions

### High School Championships Division Black Belt Competitors

- Best of three (3) rounds of 90 seconds, 1 minute rest between rounds
- Single elimination
- Full Contact Rules for all divisions

### Collegiate Color Belt Competitors

- Best of three (3) rounds of 1 minute, 30 seconds rest between rounds
- Single elimination
- Head contact
  - White/Yellow Belt division: No head contact
  - Green and Blue Belt divisions: Modified Head Contact Rules (controlled head contact)
  - Red Belt and above divisions: Full Contact Rules

## COMPETITOR REQUIREMENTS

Uniform Requirements.:

- Sparring competitors are required to have a standard white, V-neck taekwondo uniform in good condition
  - Black belt uniforms must have a black collar
  - Color belt uniforms (even red belts) must have a white collar

Equipment Requirements. Competitors are required to have:

- Only for White/Yellow belt sparring competitors: Properly-fitting WT foam head gear, with no damage or cracks. Head gear may be white, red, or blue. If not white, they must correspond to the color of the chest protector.
- USATKD-approved open-finger gloves are mandatory.
- USATKD-approved shin protectors and forearm guards. Forearm guards with hand protectors attached are not allowed.

## 2026 National Collegiate Championships

- Groin protection (required for both male and female sparring competitors) worn under uniform
- A mouth guard. Mouth guards may be any color but red, although exceptions are allowed if the competitor has a doctor's note, which must be presented during inspection.

Electronic Gear. Generation 2 Daedo/Truescore electronic chest protectors will be used for all sparring divisions.

- All sparring athletes must provide their own Daedo e-Foot Gear
- e-Headgear will be used for all head contact divisions (green belt and higher). Modified Head Contact rules still apply to green and blue belt divisions.

Taping. All taping must be signed off on the taping itself by medical staff.

## COACH REQUIREMENTS

A dress code for coaches will be in effect. A list of prohibited articles includes, but is not limited to, hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants. Cell phones and communication devices are also prohibited while in the coach's chair.

## CHAMPIONSHIP AND HIGH SCHOOL SPARRING DIVISIONS

The weight divisions are as follows. Divisions may be combined at the tournament supervisory committee's discretion.

### COLLEGIATE BLACK BELTS

	Male	Female
Fin	Below 54 kg	Below 46 kg
Fly	54.1-58 kg	46.1-49 kg
Bantam	58.1-63 kg	49.1-53 kg
Feather	63.1-68 kg	53.1-57 kg
Light	68.1-74 kg	57.1-62 kg
Welter	74.1-80 kg	62.1-67 kg
Middle	80.1-87 kg	67.1-73 kg
Heavy	Over 87 kg	Over 73 kg

### COLLEGIATE COLOR BELTS DIVISIONS

	Male	Female
Fin/Fly	Below 58 kg	Below 49 kg
Bantam/Feather	58.1-68 kg	49.1-57 kg
Light/Welter	68.1-80 kg	57.1-67 kg
Middle/Heavy	Over 80 kg	Over 67 kg

**COLLEGIATE SPARRING DIVISIONS by BELT RANK**

Black Belts

Red Belts

Blue Belts

Green Belts

White and Yellow Belts (**please register online as Yellow** for this division)

**HIGH SCHOOL BLACK BELTS**

**HIGH SCHOOL BLACK BELTS (JUNIOR WEIGHT DIVISIONS)**

	Male	Female
Fin	Below 45 kg	Below 42 kg
Fly	45.1-48 kg	42.1-44 kg
Bantam	48.1-51 kg	44.1-46 kg
Feather	51.1-55 kg	46.1-49 kg
Light	55.1-59 kg	49.1-52 kg
Welter	59.1-63 kg	52.1-55 kg
Light Middle	63.1-68 kg	55.1-59 kg
Middle	68.1-73 kg	59.1-63 kg
Light Heavy	73.1-78 kg	63.1-68 kg
Heavy	Over 78 kg	Over 68 kg

**WEIGHT CHANGES**

For both Color belt and Black belt competitors, on-site weight class changes will be allowed **but a fee of \$50 will be assessed**. The athlete must declare the weight change before any official weigh-in attempt.

## COMPETITION RULES ~ BREAKING

The 2026 National Collegiate Taekwondo Championships will follow the [current USATKD rules](#) for breaking, with some exceptions. All uniforms and gear must follow standard USATKD rules.

All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

### COLLEGIATE BREAKING BELT DIVISIONS

White/Yellow/Green

Blue/Red

Black

### COMPETITION FORMAT

#### General Guidelines

1. Competitors may select any techniques and up to a maximum of 8 boards.
2. No props such as chairs, trampolines, tables and no boosting of competitors.
3. 3 minute time limit.
4. **1x10x12 inch wood boards purchased from NCTA are only allowed**, available on-site.
5. No spacers allowed.

#### Scoring Guidelines

1. Technical Execution (60%)
  - a. Difficulty (30%)
  - b. Broken board percentage (30%)
2. Presentation (40%)

## COMPETITION RULES ~ DEMONSTRATION TEAM

The Demonstration Team division will follow [USATKD competition rules](#). There will be no athlete limit to the number of athletes on a demonstration team. However, only up to 20 medals will be guaranteed to each team. **All boards must be purchased from our event vendor table.** All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

## NCTA CUP 3V3 COMPETITION RULES

### 3v3 Poomsae Event

There are three poomsae divisions (all coed), and all schools will compete in a single-elimination bracket. Each team consists of up to 3 competitors, and medals will be awarded to members of the top 4 teams in each division. A-Team Division will consist of three matches of individual v individual poomsae competition until the quarterfinal round, and then two matches of individual v individual poomsae, and a third round of team v team poomsae competition in the quarterfinal, semifinal and final rounds. B- and C-Team Divisions will consist of three matches of individual v individual poomsae competition.

Division	Team Composition	Rank
A team	3 competitors of any gender	Blue belts through black belts
B team	3 competitors of any gender	Green belts through red belts
C team	3 competitors of any gender	Green belts and below

Competitors may only compete in one division. Furthermore, each competitor must perform a form appropriate to their rank as described below, or they will be disqualified:

Rank	Poomsae
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Pyongwon (through quarterfinals) / Sipjin (semifinals and finals)

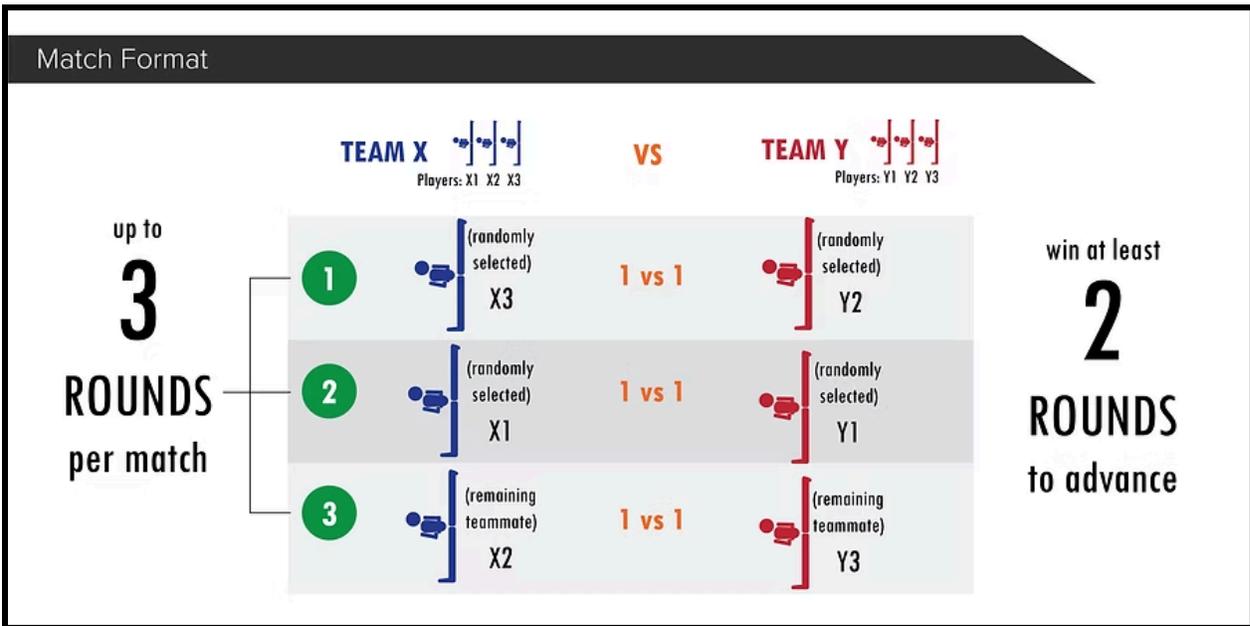
In the case of an athlete moving up a division, they are expected to perform poomsae appropriate to the lowest rank of the division they are competing in. If green belts compete in B-team poomsae, they must perform either Taegeuk 5 or Taegeuk 6, the designated blue belt poomsae.

All competitors will be judged whenever possible by USA Taekwondo rules. That means that each competitor will be judged one at a time, and will receive separate scores for accuracy and performance.

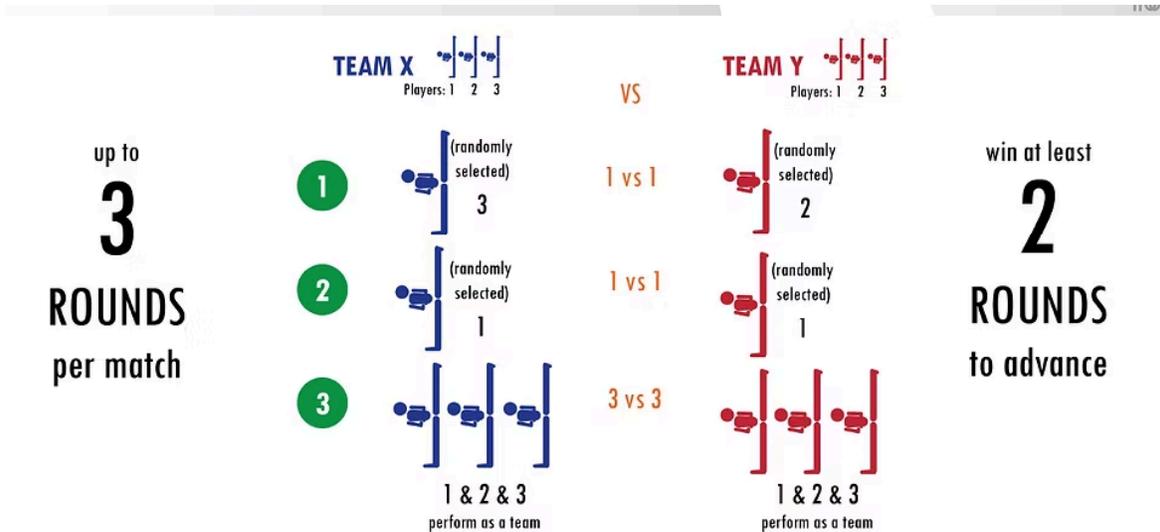
In addition, the Tournament Committee may also end a division before it is finished due to time constraints.

Note: All competitors competing on the same 3v3 team **must be from the same college/university**.

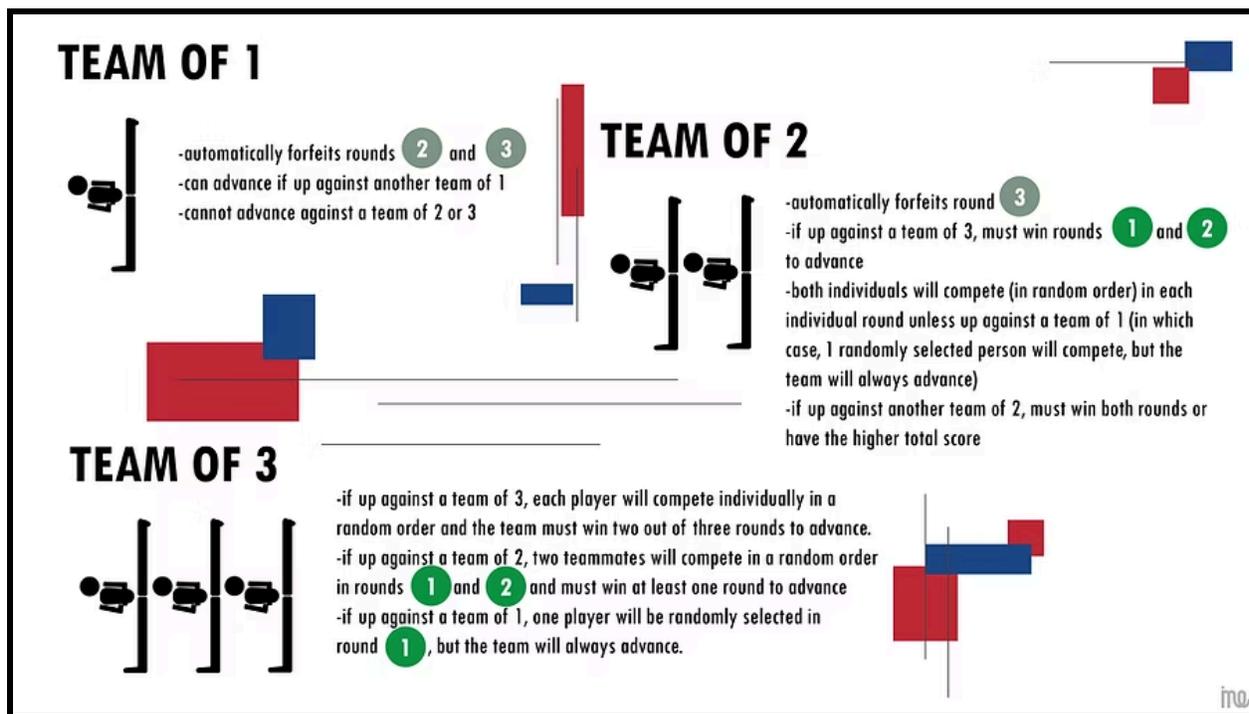
### A-Team (until Quarterfinals), B-Team and C-Team Poomsae Match Format



### A-Team (Quarterfinals through Finals) Poomsae Match Format



## How to Advance in the Bracket



## 3v3 Sparring Event

The 3v3 Sparring Event consists of teams of three contestants plus one optional alternate. Each team will consist of one lightweight contestant, one middleweight contestant, and one heavyweight contestant. The alternates may be of any weight class. The teams compete as a series of individual matches and do not compete in a tag-team format.

The 3v3 Sparring Event will follow the [current USATKD rules](#), with some exceptions. All uniforms and gear must follow standard USATKD rules.

Note: All competitors competing on the same 3v3 team **must be from the same college/university**.

## Divisions and Weight Classes

Below are the designated weight classes and divisions for the 3v3 Sparring Event:

Weight Division	Men	Women
Light	< 145.0 lbs	< 117.0 lbs
Middle	145.1-172.0 lbs	117.0-137.0 lbs
Heavy	> 172.0 lbs	> 137.0 lbs

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Division	Team Size	Duration	Rank	Head Contact
A team	3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Blue belts through black belts	Full Contact Rules
B team	3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts through red belts	Modified Head Contact Rules (controlled head contact)
C team	3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts and below	No head contact

Round lengths may be shortened subject to time constraints, based on the progress of the tournament and the time of day. In addition, the Tournament Committee may also end a division before it is finished due to time constraints.

Competitors and alternates may only compete in one sparring division. For example, a red belt must compete in either A or B team, but not both. In addition, an individual contestant cannot compete on more than one team within their sparring division (i.e. men's A-team). The same applies to alternates, although initially they may be on the team list for any number of teams within a division. An alternate cannot actually compete for (i.e. spar or force a forfeit for) more than one team within the sparring division. Once an alternate has competed for one team, he/she may not compete for any other team.

An alternate cannot be registered as a primary member of any other team and may only be an alternate in a single division (i.e. men's B-team).

A contestant may spar "up" a maximum of one weight class, at their coach's discretion. For example, middleweight may spar in the heavyweight slot, but a lightweight may never spar in the heavyweight slot. Contestants may not spar in a lighter weight class than the one they weigh in as. The above also applies to alternates.

### Medals

Medals will be awarded to members of the top 4 four teams in each division. Each team consists of 3 competitors, each in one of 3 separate weight divisions, and may include up to 2 alternates of any weight division.

### Team Lineup & Alternates:

- For a team vs. team match, contestant match-ups will be decided on the initial team lineup of two teams before any sparring begins.
- No contestant may spar two positions within the same team.
- Because a contestant may qualify for more than one weight class it is possible for there to be more than one allowable lineup for a given team. Thus, a contestant cannot change their placement after the initial lineups have been decided.
  - Example: The team has a light and a heavyweight. The light can fight as light or middle
  - Example: The team has two competitors who both weighed-in as lightweight and a heavyweight. Either lightweight can fill the middleweight spot.

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- In the event that both teams have flexibility in their lineup and cannot agree, then they shall each write their chosen team down on a piece of paper to be submitted to the referee, who will then reveal both teams simultaneously.
- After a team has advanced to the next round, they are not required to keep the same lineup used in the last match.
- Alternates:
  - Alternates are not permitted on a 1-person team.
  - Teams of 2 or 3 members can have up to 2 alternates who must line up in an empty spot on the team or behind the primary team member for whom they may be substituted. The weight class rules apply to alternates as well, so a lightweight alternate may only line up behind a light or middle team member or take an empty light or middle spot in the lineup. Middleweight alternates may line up behind a middle or heavy team member. Heavyweight alternates may only line up behind a heavyweight team member.
  - Substitutions cannot occur once the primary team member's match is in progress, but the alternate and primary members can be swapped before the start of their match.
  - If a primary contestant retires from the tournament due to injury an eligible alternate can replace them on the team in the next round of the bracket if the team advances (also see the Lame Duck Rule).

### The Winning Team

Several lineups are possible, depending on what type of team each school is able to field. The winner between two teams will be decided as follows:

- *3-person vs. 3-person team:* The winner is the team that wins two or more matches
- *3-person vs. 2-person team:* The 2-person team must win both matches to advance
- *2-person vs. 2-person team:*
  - If the two weight classes represented are the same on both teams
    - The winner is determined by the team that wins two matches.
    - If, after two matches, each team has won one match, then the winner is determined by the team that won the most rounds across both matches.
      - Example, if match 1 was won by Red, 2:0 and match 2 was won by Blue 1:2, then Red wins: 3 rounds to 2.
    - If the number of rounds is tied consider total points scored in all rounds across both matches (if totals are available):
      - Example: if match 1 was won by Red in two rounds, 7:3 and 4:3, and match 2 was won by Blue in two rounds, 3:6 and 3:7, then the total score across both matches is 17:19 in favor of Blue.
    - If the total points are also tied (or are unavailable) then the winner is decided by the referee and corner judges on the basis of cumulative Superiority across both matches. The officials must be aware of this possibility and track the Superiority of the players across both matches, considering these four criteria in order and stopping if one decides the winner.
      - Aggressive Match Management (team controlling the matches, initiating, etc.)
      - Greater number of techniques (team that made the most credible attempts to score)
      - More advanced techniques (difficulty and complexity such as jumping or spinning)
      - Better Competition manner (good attitude, clean uniform, etc.)

Procedure: Judges and referees all face the table from their bow in/out marks. Referee calls for the score and all officials turn their heads toward their choice for winner and extend their arm to that side of the ring (same signal as the round winner). The referee may call a conference to explain the process and ensure the judges are prepared to choose a winning team.

If the teams share only one weight class in common

- The winner is determined by a single match in the common weight class.
  - Example: Red has a middleweight and a heavyweight on its team and Blue has only a lightweight and a middleweight on their team. The heavy and light weights score automatic wins and the winning team is determined by the single middleweight vs. middleweight match
- *3 or 2-person vs. 1-person team:*
  - The 3 or 2-person team always advances over a 1-person team. If there is a common weight class between the teams, or the 1-person team chooses to fight up one weight class in order to create a common weight class, the appropriate member of the 3 or 2-person team must spar out the single match in good faith or else be disqualified from competition for the remainder of the day. The Lamé Duck Rule applies (injury). Taking the example of a 2-person team, the team of two advances regardless but has become a team of one unless the member of the 2-person team completes the match (or accepts the DQ and is replaced by an alternate in the next round of the bracket). The bracketing process will match the 1-person team with the lowest random-seeded team having the appropriate weight, whenever possible.
- *1-person vs. 1-person team:*
  - The 1-person team winning the single match advances in the bracket.

### **Order of Competition:**

All matches must proceed by the NCTA designated order for the weight classes, unless both coaches agree to change the order: The NCTA designated order is Light-Middle-Heavy, EXCEPT for women's divisions contested with e-hogu in which case the order is Light-Heavy-Middle. The e-hogu ordering for women is different to promote tournament efficiency (due to availability of size 2 hogus which are worn by both light and middle contestants).

### **Lamé Duck Rule:**

- All contestants must compete even if their team has already qualified to advance to the next round (for example the 3rd match after 2 wins or a 2-person team facing a 1-person team or after a forfeit win under A-Team Safety Rules), unless the contestant is severely injured and cannot compete. There will be no voluntary withdrawals/forfeits. If the contestant withdraws either before or during a match due to injury he/she may not compete in any later matches.
  - The only exception to this rule is when an alternate is substituted for the injured player before the match begins. In that case the injured player has not withdrawn due to injury and remains eligible to compete in the next round of the bracket.
- This rule is designed to enrich the experience of all contestants whether they win or lose and to make sure that everyone has an opportunity to compete.
- Example 1: In the semifinals, both the Red and Blue team have 3 contestants. Neither team has any alternates. Red wins the light and middleweight matches. Red's heavyweight may not withdraw (to save himself for the finals), but must spar the 3rd match to completion. If he decides to withdraw due

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to injury before the match, or if he does not complete the match, then he may not compete in the finals.

- Example 2: Same scenario, but the Blue heavyweight is inexperienced and in danger of head injury. Part-way through the first round the Blue coach declares an A-Team Safety Rules Forfeit. Red cannot withdraw, despite having the individual and team wins confirmed, and must complete the match in good faith under B-team rules.
- The Lame Duck Rule may be suspended by the tournament committee after a certain round of the bracket, or entirely, to manage tournament capacity.

## NCTA INSTITUTIONAL MEMBERSHIP

To be considered for the NCTA team standings, as well as to have a vote at the General Assembly, please register your university or college taekwondo club by completing the form at the NCTA website (<https://ncta-usa.com/membership/register/>).

Please note: institutional membership must be paid prior to the NCTA meeting on Friday, April 24.

### COLLEGIATE STANDINGS

All schools that are registered members of the NCTA in 2026 and are in good standing may earn points toward collegiate standings. Each gold medal in a qualifying division is worth 3 points. Each silver medal in a qualifying division is worth 2 points and each bronze medal in a qualifying division is worth 1 point. Only collegiate championship sparring and championship poomsae divisions will count towards the standings.

Eligible teams may earn points toward the first, second, and third place trophies in three categories:

1. Color Belt Division – points accrued by color belts only
2. Black Belt Division – points accrued by black belts only
3. Championship Division – points accrued by black belts and color belts

Qualifying divisions that earn points for the Color Belt and Championship Divisions are as follows:

- Color Belt Poomsae (all divisions)
- Color Belt Sparring (all divisions)

Qualifying divisions that earn points for the Black Belt and Championship Divisions are as follows:

- Black Belt Male Individual Championship Poomsae
- Black Belt Female Individual Championship Poomsae
- Black Belt Mixed Pair Championship Poomsae
- Black Belt Men's Team Championship Poomsae
- Black Belt Women's Team Championship Poomsae
- Black Belt Sparring (all divisions)

### NCTA CUP STANDINGS

All schools competing in the NCTA Cup division may earn points toward the NCTA Cup. Each division in the 3v3 Poomsae and Sparring Brackets may earn points according to the following places:

	1st	2 <sup>nd</sup>	3rd	3rd	5th	5th	5th	5th
<b>C-Team</b>	64	32	16	16	8	8	8	8
<b>B-Team</b>	96	48	24	24	12	12	12	12
<b>A-Team</b>	128	64	32	32	16	16	16	16

Teams may earn points toward the first, second, and third place team trophies.

## HOTEL INFORMATION

Please check the [NCTA championships website](#) for hotel recommendations and reservation links.